



## QUINOA COBB SHAKER SALAD



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PORTION  
SIZE:  
1 SALAD

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Quinoa, dry	2 qt. ½ c.	3 lbs. 6 oz.	4 qt. 1 c.	6 lbs.12 oz.	<ol style="list-style-type: none"> <li>Mix quinoa with broth and water. Bring to boil and cover, reduce heat, and simmer for 15 minutes until cooked. Fluff and cool.</li> <li>Use 20 oz. shaker cup for each serving. In each cup layer ½ c. quinoa, 1 ¼ c. shredded carrots, 1 ½ oz. diced turkey breast, 1 ½ oz. diced turkey ham, ¼ c. chopped romaine, 3 cherry tomatoes, and ½ oz. cheddar cheese. Keep chilled and hold at 41° F until service.</li> <li>Serve with 1 oz. Italian dressing.</li> </ol>
Chicken broth, reduced sodium	3 qt.		1 gal. 2 qt.		
Water	1 qt.		2 qt.		
Carrots, shredded	3 qt. 1 c.	2 lb. 9 oz.	1 gal. 2 qt. 1 c.	5 lb. 2 oz.	
JENNIE-O® All Natural Diced Turkey Breast 1/2", #263520		4 lb. 11 oz.		9 lb.6 oz.	
JENNIE-O® All Natural Diced Turkey Ham 1/2", #263620		4 lb. 11 oz.		9 lb. 6 oz.	
Romaine lettuce, RTU, chopped		2 lb. 1 oz.		4 lb. 2 oz	
Cherry tomatoes		2 lb. 1 oz.		4 lb. 2 oz.	
Cheddar cheese, shredded		1 lb. 9 oz.		3 lb. 2 oz	
Italian salad dressing	1 qt. 2 ¼ c.		3 qt. ½ c.		

**1 serving provides 2 ½ oz. meat/meat alternate, 1 oz. servings bread/grain, ¼ c. (Red/Orange) and ¼ c. (Other) vegetable.**

For preparation by a food preparation establishment only, according to the food code or equivalent.

### Nutrients Per Serving

Calories	499 cal	Trans Fat	0 g	Carbohydrates	27 g
Fat	32 g	Cholesterol	61 mg	Dietary Fiber	4 g
Saturated Fat	8 g	Sodium	918 mg	Protein	25 g



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